




















































































































































March 2023

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	MEETING PLACES	1	2	3	4
	<b>FC</b> - Fitness Center <b>SP</b> - Sports Park <b>WORL</b> - WO Residents Lounge <b>Lobby</b> - VH & WO lobby <b>CH</b> - Chapel <b>PHC</b> - PH Conference Room <b>PHK</b> - Penthouse Kitchen <b>B</b> - Kathy Martin Ballroom <b>Bistro</b> - Bistro	<b>P</b> - Pool <b>TV</b> - TV <b>AC</b> - Art Center <b>FC/TV</b> - Fitness Center & TV <b>SD</b> - Studio D <b>PHSL</b> - Penthouse Sylvester Lounge <b>AA</b> - Alford Auditorium <b>SD/TV</b> - Studio D & TV <b>DR</b> - Dining Room	 <b>9:00am</b> Pool Volleyball, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b> <b>10:30am</b> Bus to Trader Joe's  <b>11:00am Resident Town Hall, B</b>  <b>12:00pm</b> Drawing, <b>AC</b>  <b>12:30pm</b> Dance w/ Grace, <b>SD</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Intermediate Photography, <b>AC</b>	 <b>8:45am</b> Water Exercise A, <b>P</b> <b>9:30am</b> Bus to Ft. Myer  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:15am</b> Drum Circle, <b>AA</b>  <b>11:00am</b> Yoga w/ Cindy, <b>TV</b>  <b>12:00pm</b> Beginner Photo, <b>AC</b>  <b>12:00pm Resident Special Speaker Luncheon, DR</b> <b>1:30pm</b> Bus to Ft. Myer  <b>2:00pm</b> Balance&Gait, <b>FC</b>  <b>5:15pm</b> Vinson Voices, <b>AA</b>	 <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Women's Bible Study, <b>WORL</b> <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b> <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am Tech Class, AA</b>  <b>1:00pm Bus to Spy Museum, VH/WO Lobby</b>  <b>1:00pm</b> Bridge Class, <b>PHSL</b>  <b>2:00pm</b> Pool Volleyball, <b>P</b>	 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am Zumba Gold, SD</b>  <b>10:00am</b> Fitness Class, <b>TV</b> <b>10:30am</b> Bus to Giant  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Cribbage, <b>PHSL</b>  <b>1:35pm Bus to VA Grand Military Band Concert, VH/WO Lobby</b>  <b>4:00pm</b> Catholic Mass, <b>CH</b>  <b>7:00pm</b> Movie Night “The Best Exotic Marigold Hotel”, <b>AA</b>
5	6	7	8	9	10	11
 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am</b> Protestant Chapel Service, <b>CH</b>	 <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:00am</b> Pickle Ball, <b>SP</b> <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b> <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>3:00pm</b> Ecumenical Discussions, <b>AA</b>	 <b>9:00am Men's Fellowship Breakfast, DR</b>  <b>9:30am</b> HASfit, <b>TV</b> <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b> <b>10:30am</b> Painting Workshop, <b>AC</b> <b>10:30am</b> Bus to Giant  <b>10:30am</b> Health & Wellness Committee Meeting, <b>AA</b>  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>12:00pm</b> Advanced Painting, <b>AC</b> <b>1:00pm</b> Bus to Fair Lakes  <b>2:00pm</b> Advanced Photo, <b>AC</b>  <b>2:00pm</b> Balance&Gait, <b>FC</b>  <b>2:00pm Forbes Talk, AA</b>  <b>2:00pm</b> The Needlers, <b>PHSL</b>	 <b>9:00am</b> Pool Volleyball, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b>  <b>12:00pm</b> Drawing, <b>AC</b>  <b>12:30pm</b> Dance w/ Grace, <b>SD</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Intermediate Photography, <b>AC</b>	 <b>8:45am</b> Water Exercise A, <b>P</b> <b>9:30am</b> Bus to Ft. Myer  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>11:00am</b> Yoga w/ Cindy, <b>TV</b>  <b>12:00pm</b> Beginner Photo, <b>AC</b>  <b>12:00pm Bingo &amp; Lunch, DR</b> <b>1:30pm</b> Bus to Ft. Myer  <b>2:00pm</b> Balance&Gait, <b>FC</b>  <b>2:00pm</b> Mindfulness, <b>AA</b>  <b>5:15pm</b> Vinson Voices, <b>AA</b>	 <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> HASfit, <b>TV</b> <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b> <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:30am Eating Well=Aging Well, AA</b>  <b>1:00pm</b> Bridge Class, <b>PHSL</b>  <b>2:00pm</b> Pool Volleyball, <b>P</b>	 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am Zumba Gold, SD</b>  <b>10:00am</b> Fitness Class, <b>TV</b> <b>10:30am</b> Bus to Giant  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Cribbage, <b>PHSL</b>  <b>4:00pm</b> Catholic Mass, <b>CH</b>  <b>5:00pm-7:00pm Roaring 20s Meal and Dance, PHSL/DR</b>  <b>7:00pm</b> Movie Night “High Noon” , <b>AA</b>
12	13	14	15	16	17 St. Patrick's Day	18
 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am</b> Protestant Chapel Service, <b>CH</b>	 <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:00am</b> Pickle Ball, <b>SP</b> <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b>  <b>10:30am</b> Low Vision Support Group, <b>PHC</b> <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Women's Book Club, <b>PHC</b>	 <b>9:30am</b> HASfit, <b>TV</b> <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b>  <b>10:20am Bus to DACOR Bacon House Tour, VH/WO Lobby</b> <b>10:30am</b> Bus to Wegmans <b>10:30am</b> Kitchen Tour, <b>PHK</b>  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>12:00pm</b> Advanced Painting, <b>AC</b>  <b>2:00pm</b> Advanced Photo, <b>AC</b>  <b>2:00pm</b> Balance&Gait, <b>FC</b>  <b>2:00pm</b> Facilities Meeting, <b>AA</b>  <b>2:00pm</b> The Needlers, <b>PHSL</b>  <b>3:00pm</b> Birthday Tea, <b>PHSL</b>	 <b>9:00am</b> Pool Volleyball, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b> <b>10:30am</b> Bus to Trader Joe's  <b>12:00pm</b> Drawing, <b>AC</b>  <b>12:30pm</b> Dance w/ Grace, <b>SD</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Insight Memory Care “Normal Aging VS. Dementia” Presentation, <b>AA</b>  <b>2:00pm</b> Intermediate Photography, <b>AC</b>	 <b>8:45am</b> Water Exercise A, <b>P</b> <b>9:30am</b> Bus to Ft. Myer  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>11:00am</b> Yoga w/ Cindy, <b>TV</b>  <b>12:00pm</b> Beginner Photo, <b>AC</b> <b>1:30pm</b> Bus to Ft. Myer  <b>2:00pm</b> Balance&Gait, <b>FC</b>  <b>5:15pm</b> Vinson Voices, <b>AA</b>  <b>7:30pm</b> City of Falls Church Saint Patty's Concert, <b>B</b>	 <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Women's Bible Study, <b>WORL</b> <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b> <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am Tech Class, AA</b>  <b>1:00pm</b> Bridge Class, <b>PHSL</b> <b>1:30pm</b> Bus Lidl  <b>2:00pm</b> Pool Volleyball, <b>P</b>  <b>5:00pm</b> Saint Patrick's Day Meal, <b>DR</b>	 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am Zumba Gold, SD</b>  <b>10:00am</b> Fitness Class, <b>TV</b> <b>10:30am</b> Bus to Giant  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Cribbage, <b>PHSL</b>  <b>3:00pm-3:55pm</b> Sacrament of Penance, <b>PHC</b>  <b>4:00pm</b> Catholic Mass, <b>CH</b>  <b>7:00pm</b> Movie Night “The Firm”, <b>AA</b>

19	20 First Day of Spring	21	22	23	24	25
<div><div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Fitness Class, TV</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div></div><div><div><div></div><div>11:00am Protestant Chapel Service, CH</div></div><div><div><div></div><div>11:30am2:30pm Sunday Brunch, PHSL</div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am Water Exercise A, P</div></div><div><div><div></div><div>9:00am Pickle Ball, SP</div></div><div><div><div></div><div>9:30am Water Exercise B, P</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Fitness Class, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Safeway</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div><div><div><div></div><div>1:00pm Bridge, PHSL</div></div><div><div><div></div><div>2:00pm Caregiver Support Group, PHC</div></div><div><div><div></div><div>3:00pm Ecumenical Discussions, AA</div></div></div></div></div><div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am Women's Fellowship Breakfast, DR</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Get Fit Stay Fit, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Giant</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div><div><div><div></div><div>11:00am Art is Ageless Art Center Open House, AC</div></div><div><div><div></div><div>12:00pm Advanced Painting, AC</div></div><div><div><div></div><div>2:00pm Advanced Photo, AC</div></div><div><div><div></div><div>2:00pm Balance&amp;Gait, FC</div></div><div><div><div></div><div>2:00pm Dining Town Hall, AA</div></div><div><div><div></div><div>2:00pm The Needlers, PHSL</div></div><div><div><div></div><div>7:00pm Episcopal Holy Eucharist, CH</div></div></div></div></div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am Pool Volleyball, P</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Beginner Painting, AC</div></div><div><div><div></div><div>10:00am Fitness Class, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Trader Joe's</div></div><div><div><div></div><div>10:50am Bus to Arena Stage "The High Ground"</div></div><div><div><div></div><div>12:00pm Drawing, AC</div></div><div><div><div></div><div>12:30pm Dance w/ Grace, SD</div></div><div><div><div></div><div>1:00pm Bridge, PHSL</div></div><div><div><div></div><div>2:00pm Intermediate Photography, AC</div></div></div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am Water Exercise A, P</div></div><div><div><div></div><div>9:30am Bus to Ft. Myer</div></div><div><div><div></div><div>9:30am Water Exercise B, P</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Beginner Painting, AC</div></div><div><div><div></div><div>10:00am Fitness Class, TV</div></div><div><div><div></div><div>10:30am Residents Association Meeting, AA</div></div><div><div><div></div><div>11:00am Yoga w/ Cindy, TV</div></div><div><div><div></div><div>12:00pm Beginner Photo, AC</div></div><div><div><div></div><div>1:30pm Bus to Ft. Myer</div></div><div><div><div></div><div>2:00pm Balance&amp;Gait, FC</div></div><div><div><div></div><div>5:15pm Vinson Voices, AA</div></div></div></div></div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am Pickle Ball, SP</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Get Fit Stay Fit, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Safeway</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div><div><div><div></div><div>1:00pm Bridge Class, PHSL</div></div><div><div><div></div><div>2:00pm Pool Volleyball, P</div></div><div><div><div></div><div>6:15pm Third Friday Bridge, PHSL</div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Zumba Gold, SD</div></div><div><div><div></div><div>10:00am Fitness Class, TV</div></div><div><div><div></div><div>10:30am Bus to Giant</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div><div><div><div></div><div>1:00pm Cribbage, PHSL</div></div><div><div><div></div><div>1:00pm Bus to Signature Theatre "Selling Kabul", VH or WO Lobby</div></div><div><div><div></div><div>4:30pm Catholic Mass, CH</div></div><div><div><div></div><div>7:00pm Movie Night "Where the Crawdads Sing", AA</div></div></div></div></div></div></div></div></div></div></div></div></div>
26	27	28	29	30	31	DIMENSIONS OF WELLNESS
<div><div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Fitness Class, TV</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div></div><div><div><div></div><div>11:00am Protestant Communion Service, CH</div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am Water Exercise A, P</div></div><div><div><div></div><div>9:00am Pickle Ball, SP</div></div><div><div><div></div><div>9:30am Water Exercise B, P</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Fitness Class, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Safeway</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div><div><div><div></div><div>1:00pm Bridge, PHSL</div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Get Fit Stay Fit, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Giant</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div><div><div><div></div><div>11:30am American Legion, Bistro</div></div><div><div><div></div><div>12:00pm Advanced Painting, AC</div></div><div><div><div></div><div>1:00pm Bus to Tysons Mall</div></div><div><div><div></div><div>2:00pm Advanced Photo, AC</div></div><div><div><div></div><div>2:00pm Balance&amp;Gait, FC</div></div><div><div><div></div><div>2:00pm The Needlers, PHSL</div></div></div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am Pool Volleyball, P</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Beginner Painting, AC</div></div><div><div><div></div><div>10:00am Fitness Class, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Trader Joe's</div></div><div><div><div></div><div>12:00pm Drawing, AC</div></div><div><div><div></div><div>12:30pm Dance w/ Grace, SD</div></div><div><div><div></div><div>1:00pm Bridge, PHSL</div></div><div><div><div></div><div>1:00pm Talk on Medicare, CB Boardroom</div></div><div><div><div></div><div>2:00pm Intermediate Photography, AC</div></div><div><div><div></div><div>5:00pm Wine Dinner, Bistro</div></div></div></div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am Water Exercise A, P</div></div><div><div><div></div><div>9:30am Bus to Ft. Myer</div></div><div><div><div></div><div>9:30am Water Exercise B, P</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Beginner Painting, AC</div></div><div><div><div></div><div>10:00am Fitness Class, TV</div></div><div><div><div></div><div>11:00am Yoga w/ Cindy, TV</div></div><div><div><div></div><div>12:00pm Beginner Photo, AC</div></div><div><div><div></div><div>1:30pm Bus to Ft. Myer</div></div><div><div><div></div><div>2:00pm Paul Peak Award, PHSL</div></div><div><div><div></div><div>2:00pm Balance&amp;Gait, FC</div></div><div><div><div></div><div>5:15pm Vinson Voices, AA</div></div></div></div></div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am Pickle Ball, SP</div></div><div><div><div></div><div>9:30am HASfit, TV</div></div><div><div><div></div><div>10:00am Get Fit Stay Fit, FC/TV</div></div><div><div><div></div><div>10:30am Bus to Safeway</div></div><div><div><div></div><div>10:30am Yoga for Posture, TV</div></div><div><div><div></div><div>1:00pm Bridge Class, PHSL</div></div><div><div><div></div><div>2:00pm Pool Volleyball, P</div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div><div>Physical</div></div><div><div><div></div><div>Emotional</div></div></div><div><div><div></div><div>Spiritual</div></div><div><div><div></div><div>Financial</div></div></div><div><div><div></div><div>Social</div></div><div><div><div></div><div>Intellectual</div></div></div><div><div><div></div><div>Health Services</div></div><div><div><div></div><div>Nutritional</div></div></div><div><div><div></div><div>Purposeful</div></div></div></div></div></div></div></div></div>



# VINSON HALL RETIREMENT COMMUNITY

*supported by Navy Marine Coast Guard Residence Foundation*